

An example of the use of the Growth Edge Coaching process is my work with Tina (not her real name). Following a Growth Edge Interview with Tina it became apparent to me that she is working on the transition from Socialized to Self-Authored. Tina's identity has been tied to being a good mother and with her children grown she has continued to maintain the mother-child relationship to the point that her children have rejected her as they moved out into their own identities in the real world.

My work with Tina has gone in several directions. I used adult development theory to explain the situation that Tina is in to her and to show that her situation would not be considered abnormal from that perspective. Because I know that Tina is in a transition to Self-Authored, I am able to reinforce any movements in that direction. I have also been able to begin to break Tina away from her identity as a mother and to begin to help her build a new identity that reflects her values as a worthwhile, caring and productive but independent person and this has been immensely satisfying to me.